Opening question: Share an experience when something you were counting on let you down.

Scripture study

- Read 2 Timothy 1:13-14. What commands are given? Why is keeping of sound teaching important to the legacy we leave? What does it look like in our daily lives for God’s Word to be our standard? Give examples of scriptures that have sustained you through difficult times.

- Read 2 Timothy 1:15. Read also 2 Timothy 4:10, 14-15. What is the “downside” to investing in relationships? How can that keep us from moving toward others? What is required to move past this kind of hurt? How can we model loyalty amidst so much fickleness?

- Read 2 Timothy 1:16-18. What stands out about Onesiphorus? What are some traits of friendship seen in these verses? What comes to your mind when you think of someone being refreshing? What does Proverbs 11:25 say about one who refreshes? Can you think of a time when someone refreshed you or stood by you in loyalty?

For further thought: What is your plan for better intake of God’s Word and investing in meaningful relationships? How can you pass these two treasures on to others?